

Fundamental Principles of Health

By ALBERT S. GRAY, M.D.

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FOOD AND DELINQUENTS.

Under a recent date an Associated Press dispatch credits Charles C. D. Hillis, formerly private secretary to President Taft, now president of the New York Juvenile asylum in Dobbs Ferry, with the discovery that bad teeth make bad boys.

What is the cause of bad teeth in children under fifteen years of age? It is universally admitted that the fundamental cause of the early decay of children's teeth is anemia, a lack of sufficient building material during the growing period. Obviously a lack of brick and mortar will result in an imperfect building, and the same lack of material must result in an imperfect body.

Mr. Hillis is not the discoverer of this truth, but none the less he is entitled to great credit for recognizing and taking practical steps to combat a dangerous condition that many foreign governments are making strenuous efforts to overcome.

In the parliamentary debate on free meals, March 27, 1905, Sir William Anson, then British parliamentary secretary to the board of education, replying to Messrs. Kier Hardie and William Crooks, admitted that in the day industrial schools, where the children had three meals a day, he found them "bright and intelligent and being developed physically and mentally in a satisfactory way." Although the children lived at home the regular and wholesome supply of food was so potent a factor that "their condition was thoroughly satisfactory."

Wilson Bruce, following other witnesses before the Scottish commission in pointing out the startling superiority of industrial school children, added that if we fed and clothed the elementary school children as suitably we should "make a new race of them."

The commissioners noted this contrast between the ill-nourished elementary school children of respectable parents and well-developed industrial school children of those who have "altogether failed in their duty."

The countess of Warwick, writing in "A Nation's Youth," says: "What a fine moral have we here. Be a bad parent, or confess yourself unable to control your own children, and they will be attached to an industrial school, given three meals a day, largely at the expense of the ratepayers, and they will become bright and intelligent boys, developed physically and mentally in a satisfactory way."

This touches upon and brings sharply to the front the whole subject of sophisticated foods around which a commercial battle royal is at present raging in this country. In no field of knowledge is there so general a lack of personal information founded on experience as in the fundamental one of food. It is generally admitted, and there are hundreds of proofs of the proposition, that man, through the results of centuries of civilization, has gradually lost the instinct of nourishing himself until he has become the most helpless and dependent of all animals. Left to themselves under normal conditions, the beasts, guided by an innate instinct, select natural foods that enable them to live without disease. Man, on the other hand, has not only lost this instinct that the beast still possesses, but as the result of the misuse of his intelligence and his freedom to select food for himself and for such of the beasts as he has turned to domestic uses, deliberately imposes preventable diseases upon both himself and them.

Eating has become an art which has to be learned by man, and unfortunately the subject is considered so unimportant that quite generally our foods are selected on the statement of persons whose only interest is in the profit to be derived from the manufacture and sale of the commodity, and then after the purchase in this slipshod manner it is too frequently turned over to some incompetent kitchen drudge to be prepared for eating.

In order that an intelligent choice of proper diet may be made it is absolutely necessary that we should possess a certain smattering of scientific knowledge. This does not consist in the memorizing of a few terms sufficient to enable us to babble about carbohydrates, proteins and fats, of calories and of balanced rations, but to have a thorough understanding of the real meaning of the closing paragraph of the fourth article of this series, "which we here again repeat for emphasis: 'The now prevailing standard of food values which measures the least units produced from foods and completely ignores all other elements and factors is not only woefully inadequate in the light of modern science, but constitutes a grave menace to the health, to the morals, to the sanity and to the life of any people.'"

The chief reason for the improvement in inmates of well-governed asylums and industrial schools over

the rate of development shown by children under home conditions undoubtedly lies in the fact that food matter is bought in bulk and largely on the horse-food basis, that is to say, the whole grains are bought, cooked and served, rather than the more expensive refined processed matter. Of course we are assured by "experts" that the food is "improved" and made "more digestible" by the elaborate process through which it is passed, but any successful raiser of cattle, hogs, chickens, pigeons, dogs or cats can tell of disastrous results following the feeding of any of these animals for any material period of time on "refined" food matter. And humanity still waits the coming of some Moses to free it from the bondage of the observance of universal law to which all living things are subject.

WHITE FLOUR FOOD.

"A little learning is a dangerous thing: Drink deep, or taste not the Pierian spring: There shallow drafts intoxicate the brain, And drinking largely sobers us again."

A recent magazine article written by an "expert" on food matters misquotes the first line of the above and then gives particular point to the truth of the quotation by grossly misinterpreting a clean cut, scientific demonstration of a disease resulting from the use of sophisticated food matter.

The article in question reads as follows: "We are told about biochemical properties of wheat and as proof we are referred to the ravages of beri-beri from eating hulled rice. This is 'jugglery,' something on the order of the magician Kellar. To be specific, beri-beri is a disease that has no connection with the whole wheat and white flour question. It is as remote as it can be. Beri-beri is a form of nervous disease that has affected the natives of Asia, who live mainly on rice, and of late years the introduction of hulled rice has increased the disease. It has been found that when rice polish was used as food along with the rice the disease was lessened in intensity."

"From this it has been argued that the rice hulls contained nourishing substances which had been removed from the rice in polishing. This looked very plausible. From these facts it was argued that wheat bran must also contain nourishing substances and they should not be removed from the wheat in the manufacture of flour. Fortunately, however, the subject of beri-beri has been worked out scientifically, and Funk, of the Lister Institute, has shown that the disease is caused by some toxic action of rice protein."

"This should show the danger of being influenced by the exaggerated accounts of white bread and hulled rice starvation, statements which have no foundation in proved facts. White bread is safe food. Polished rice is safe food, as scientific investigation has proved."

The discerning reader will note that the matter in the body of the article contradicts the finding stated in the closing paragraph quoted. The whole truth is as follows:

Casimir Funk of the biochemical department, Lister Institute of Preventive Medicine, discovered that a substance could be recovered from the matter ground from the surface of rice in polishing it which would in a few hours cure a disease known as polyneuritis, or beri-beri. In the Journal of Physiology, August, 1912, page 75, under the title, "The Preparation from Yeast and Certain Foodstuffs of the Substance the Deficiency of Which in Diet Occasions Polyneuritis in Birds," will be found his last report known to the present writer. In this article Funk shows that he obtained a substance from rice polishings which in doses of 0.02 gram (0.3 grain) rapidly cured polyneuritis in a large number of pigeons.

Underlying every happening in this universe is a law or principle, and the same principle will be found producing many widely separated results. The statement that beri-beri has no connection with whole wheat and white flour is not strictly true, because the same principle applies. Beri-beri is caused by a mineral starvation, and we know many diseases are caused by the mineral starvation resulting from the too free use of demineralized foods, including flour. The writer personally knows of large flocks of chickens being killed by feeding them on demineralized grain, and of dogs killed by feeding them on demineralized meat and white bread. Every physiologist of note states that the vitality of the individual cell depends on a free supply of mineral matter consisting of at least three elements. It would be reasonable then to expect some definite deleterious result from a diet composed largely of mineral-free matter, and the fact that all white bread eating peoples are greatly troubled with constipation may be considered evidence to this belief. Further evidence that white bread is not healthful is given by Sherman, who states that washed bran fed to cows was found to be constipating, indicating that the laxative property of ordinary bran and whole wheat products is dependent not simply upon mechanical irritation.

It would be as logical to state that while you might break your neck falling off a thirty foot brick house, falling off a thirty foot frame house over in the next block is safe because it has no connection with the brick house. "It is as remote as it can be." That may be, but nevertheless, the chances of breaking your neck are equal, because the principles are identical.

The too free use of white flour, or of any other demineralized foodstuff, no matter whether it be demineralized by being processed or by stupid cooking methods, is detrimental to health.

Dr. Marden's Uplift Talks

By ORISON SWETT MARDEN.

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IN a recent divorce case the judge, in questioning the husband about his treatment of his wife, asked whether he was in the habit of making her Christmas or birthday presents, of bringing her flowers, confectionery or other gifts occasionally. "No," the husband replied, "I am sorry to say I never did. I always paid her bills without question, and thought that was all I should do, but I see now I was mistaken, that it did not take the place of my buying things and taking them home to her myself. It was a mistake."

Many practical people think that sentiment is a sign of weakness; that such things belong only to silly people. It is a sad day in any married woman's life when she can say: "Dear me, it is not half so much fun to be a wife as it was to be a sweetheart. I do not begin to get the presents, treats and little attentions I used to."

It is a great pity when a husband gradually ceases to be attentive in little things; when he neglects to bring home flowers or little gifts to his wife, as he did before marriage. It is a great shock in a woman's life when she begins to realize that romance is dying out; that her husband is always too tired to go anywhere with her in the evening; too busy to take her for a little outing; that his mind is always on his business; that he who was once so generous with her talks poverty, telling her that he cannot afford this or cannot afford that.

It does not take a great deal to make the average young woman happy. It is not so much a question of the amount of money spent on her as the little attentions, the little courtesies that indicate thoughtfulness and affection. It is the idea that she is in her husband's mind; that he has taken pains to express his affection, to make her happy, that pleases and satisfies her.

A judge of large experience says that one of the chief grievances of women who come to him for relief through divorce is that their husbands neglect them and their homes, giving their minds so completely to their business affairs that even when at home they are only surly brutes with whom the angels themselves could not lead happy domestic lives.

Men as a rule are so matter of fact. They do not realize what a little romance and sentiment mean to a wife. They seem to think that if a woman has a good home, enough to eat and good clothes to wear she ought to be satisfied; but these things do not feed the most important elements in a wife. The feminine heart is the most difficult thing to nourish. It does not feed upon things, however beautiful. The heart may starve in the midst of luxury, and it may thrive in a hovel where there is not a carpet on the floor or a picture on the wall.

There are multitudes of wives in this country today who do not really know the meaning of the word companionship. Their husbands pay their bills, their physical wants are supplied, but their affections are not fed, and their hearts are starving for comradeship. This is often the reason why so many wives seek elsewhere the sympathy which their husbands deny them.

There must be romance in wedded life, constant expression of affection and appreciation not only on the husband's part, but on the wife's as well, or the most affectionate nature will in time grow indifferent and seek other interests.

At a dinner in New York not long ago everybody at the table was obviously attracted to a wonderfully beautiful face belonging to a lady of about twenty-five. She seemed the personification of beauty and charm, grace and poise of character and mind, but the instant she spoke she exhibited such a coarse, repulsive voice, such grossness, and her manner and bad English were so completely out of keeping with her face that the remarkable impression she had made was dispelled. Her symmetrical and attractive face was by her own recommendation. Grossness and ignorance back of it disillusioned us all.

The most beautiful face in the world will lose its attractiveness the moment we see in the person any suggestion of coarseness or vulgarity, any lack of refinement and culture.

Every child ought to be taught that a pleasing personality and a charming manner are of inestimable value to everybody, and especially to a girl. We judge people by the earmarks and signs which they exhibit. Everybody is taken on his manners. No matter what possessions you may have at home all that you have, so far as strangers are concerned, is what you show, what you exhibit in your manner, in your face, in your bearing, your personality.

The best of our wealth we always carry with us. The triumph of character and a superb personality are of infinitely greater value than any material possessions, however great. If the impression you make is unfavorable people who meet you will naturally jump to the conclusion that you would not make a very agree-

able acquaintance, friend or employee.

Splendid ability and many superb traits often starve to death in a woman because she does not overcome the handicap of an offensive manner or disagreeable personal habits. No matter how able, how honest, how industrious she may be, or what splendid qualities she may possess, if a girl does not have an agreeable, an attractive manner, a pleasing personality, she will not attract her friends, and people will avoid her.

Employers prefer girls with less ability but with pleasing manners. It is human nature to love sunshine and harmony and we gravitate towards agreeable, sunny, kindly people. Many girls seem to think that fine clothes are a good substitute for a pleasing manner, but the sunny, agreeable, pleasing girl often gets a good position when the girl who dresses much better, but who has a repellent manner, loses it.

I have in mind a young girl of splendid ability and exceptionally attractive personality who applied for an important position in a very large concern. There was no vacancy or likely to be any in the position desired, but she made such a profound impression upon the proprietors that they created a new position for her, and paid her a large salary. One of the proprietors afterwards said that he could not afford to let the girl get away from them, for they considered the human element, the personal element, their greatest business asset.

The firm in question prides itself on the superior personality of all its employees. It admits that a large percentage of the salaries of many of the workers is paid not purely for ability, but for the desirability and attractiveness of the employee's personality. They value this because an attractive personality has the power to make friends and to draw patrons for the house, and, notwithstanding the fact that they owe their success largely to the exceptional quality of their products and the excellence of service, they say that their large business is due even more to the personality of their employees.

The greatest factor in your career is the personal one. Your personality will count more than anything else. Your chief assets are locked up in it.

Cute—Rather.

The smuggling of precious stones into New York is perhaps one of the liveliest of "live" industries in spite of all the efforts of the authorities to stop it. Some of the tricks employed seem to touch the limit of human ingenuity. Perhaps the cleverest trick in this line—cleverest because the simplest—stands to the credit of a Chicago man.

He would buy \$100,000 worth of diamonds in London or Amsterdam, and hide them behind a panel of the wall of his cabin. On the ship's arrival at New York he would walk calmly ashore, leaving the stones behind him in their hiding-place, but going straight to the booking office and engaging the same cabin for the return voyage. When the time came for the vessel to sail he went on board accompanied by his wife. The lady, of course, must go to inspect her husband's cabin, and when at length the bell rang and the lady walked ashore with the rest of the visitors, her pockets were heavier by the weight of \$100,000 worth of diamonds.—London Tit-Bits.

Laughter in Supreme Court.

The Supreme court of the United States is absolutely and indisputably supreme when it comes to solemnity, dreariness and gloom. People do not laugh once a year in that funeral-looking chamber. All you have to do is to set foot inside of it in order to understand that the dispensing of justice is a heavy, ponderous and serious affair.

Not long ago, however, Mr. Justice Lurton made the lawyers, the auditors and the other justices laugh right out loud.

A lawyer from the South was arguing a case concerning two secret fraternal lodges.

"May the court please," said the lawyer heatedly, "the opposing lodge not only got hold of our ritual and used it, but also got our insignia and regalia."

"Just a moment," interrupted Judge Lurton. "Did they also get your goat?" —Popular Magazine.

Regard for His Mother's Feelings.

Jokes about cheap motor cars are as the sands of the sea, but a Kansas City traffic manager believes he has a new one. He met an old friend whom he had not seen for many months, and asked him:

"What are you doing now?"

"Selling motor cars," was the unenthusiastic reply.

"What kind of cars?"

"Well, er—the truth is," he stammered, "I am selling — (deleted) cars, but I'd rather you wouldn't say anything about it. I don't want my mother to know; she thinks I'm a bartender."

Milk Looked Strange.

A family living in South Chicago found a good deal of cream on a bottle of milk which had been standing over night and when the driver called in the morning the pleased servant held it up to the light and said:

"Look here, I have never seen anything like this before on your milk."

The man looked at it for a moment, scratched his head and replied: "Well, I don't know what's the matter, but you can throw it out and I'll give you a fresh bottle in its place."

IN A RAIN OF SHELLS

RUSSIAN SAILOR TELLS OF HORROR OF NAVAL BATTLE.

Once Gunners Get the Range Everything Which the Projectiles Strike Is Destroyed, While the Splinters Work Great Havoc.

At the battle of Tsushima, when the Japanese destroyed the Russian fleet, Captain Semenov was on the flagship Suworoff. He had no definite post, and took notes until the sinking of the vessel. Extracts from his story are as follows:

"The first shells flew over us. At this range some of the long ones turned a complete somersault, and could be clearly seen with the naked eye curving like so many sticks thrown in the air. They flew over us, making a sort of wail, different to the ordinary roar."

"After them came others short of us—nearer and nearer. Splinters whistled through the air, jingled against the side and superstructure. Then, quite close and abreast the foremost funnel, rose a gigantic pillar of smoke, water and flame, I saw stretchers being carried along the fore-bridge."

"Shells seemed to be pouring upon us incessantly, one after another. It seemed as if these were mines, not shells, which were striking the ship's side and falling on the deck. They burst as soon as they touched anything—the moment they encountered the least impediment in their flight. Handrails, funnel-guys, topping lifts of the boats' derricks, were quite sufficient to cause a thoroughly efficient burst."

"The steel plates and superstructures on the upper deck were torn to pieces, and the splinters caused many casualties. Iron ladders were crumpled up into rings, and guns were literally hurled from their mountings."

"In addition to this, there was the unusual high temperature and liquid flame of the explosion, which seemed to spread over everything. I actually watched a steel plate catch fire from a burst. Of course, the steel did not burn, but the paint on it did."

"Such almost non-combustible materials as hammocks and rows of boxes, drenched with water, flared up in a moment. At times it was impossible to see anything with glasses, owing to everything being so distorted with the quivering, heated air."

"A man reported that the after-turret had been blown up, and almost simultaneously there resounded above us a rumbling noise, accompanied by the sharp clank of falling iron. Something large and heavy fell with a crash; the ship's boats on the spar-deck were smashed to bits; burning debris fell all round us, and we were enveloped in an impenetrable smoke."

"The fore-bridge was struck by numerous projectiles. Splinters of shells, which penetrated in large quantities under the mushroom-shaped roof of the conning-tower, had destroyed all the instruments in it, and had broken the compass, but luckily the telegraph to one engine and the voice-tube to the other were still working."

War's Effect on Youthful Minds.

What impression is this terrific war producing upon the child's mind? What do the boys and girls think of the conflagration that is raging and of the battles that are waging?

Perhaps the small children have not thought upon the subject at all, but the older children, who are reading stories of ancient heroes as if they were myths or fairy tales, and studying history bristling with wars of past generations, which would ordinarily lead them to believe that war was a relic of barbarism, and impossible between modern civilized nations, what do they think? Is this terrible conflict to upset all their notions and subvert many of their ideals? Is this systematic slaughter of warring armies likely to cheapen the value of human life as appraised in youthful minds?

These are questions, to be true, easily asked and hard to answer, but they suggest a trend something for their elders to ponder over.—Omaha Bee.

Ninth Arrest Breaks Jinx.

"Haven't I seen you before?" asked Municipal Judge Sheridan Fry at Chicago when Charles Miehle was arraigned on a charge of non-support.

"Well, I should say you have, judge," replied Miehle. "You seem to be my jinx. Every time I get within a mile of your court they pinch me. I've been before you fully eight times."

"That is enough," said the judge. "Discharged. I am going to begin my vacation, and if you let anybody else try you while I am gone, I'll be mad. Miehle. Now go get that job, and give your wife some money or I will come back in the middle of my vacation to attend to you."

Watch Sets Speed of Men.

One of the most interesting exhibits at the jewellers' exhibition which has been in progress at London was a novel watch for the use of officers having charge of troops on the march, an invention of an Austrian officer.

On the face is a little arm (illuminated by radium for night use), which can be made to swing so many times each minute. Thus an officer wishing to bring his men to a certain place at a certain time, decides that they must march 120 paces a minute. He then sets the arm to swing 120 times a minute, sets the pace to keep time with the beat, and so regulates the speed of the march.

MRS. THOMSON TELLS WOMEN

How She Was Helped During Change of Life by Lydia E. Pinkham's Vegetable Compound.

Philadelphia, Pa.—"I am just 52 years of age and during Change of Life I suffered for six years terribly. I tried several doctors but none seemed to give me any relief. Every month the pains were intense in both sides, and made me so weak that I had to go to bed. At last a friend recommended Lydia E. Pinkham's Vegetable Compound to me and I tried it at once and found much relief. After that I had no pains at all and could do my housework and shopping the same as always. For years I have praised Lydia E. Pinkham's Vegetable Compound for what it has done for me, and shall always recommend it as a woman's friend. You are at liberty to use my letter in any way."—Mrs. Thomson, 649 W. Russell St., Philadelphia, Pa.



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Change of Life is one of the most critical periods of a woman's existence. Women everywhere should remember that there is no other remedy known to carry women so successfully through this trying period as Lydia E. Pinkham's Vegetable Compound.

If you want special advice write to Lydia E. Pinkham Medicine Co. (confidential), Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.

A woman forgives an injury one day and forgets that she has forgiven it the next.

Dr. Pierce's Pleasant Pellets regulate and invigorate stomach, liver and bowels. Sugar-coated, tiny granules. Easy to take as candy. Adv.

A maid of twenty tries to act like a widow of forty, a widow of forty tries to act like a maid of twenty—and there you are.

Self-Satisfaction Explained.

He—I like simple things best. She—I've noticed how self-satisfied you are.

First Aid to Matrimony.

"The English military uniform," said General Holland in Canton, "is the best looking and it is also the best to fight in. Take the photographs of the wounded and dead English officers—Viscount Hawarden, the Hon. W. A. Cecil, Lieut. the Hon. R. Keppel. Did you ever see such a handsome lot of uniforms?"

"No wonder all the English soldiers marry well," General Holland concluded. "Handsome is that handsome does—and the English uniform certainly does have amongst the English help-mates."

War Snatches.

Simeon Ford, the humorist of New York, said the other day:

"We are a nation of humorists. We extract humor even out of war. As I walked down Broadway the other morning I overheard scraps of talk like these:

"The missionaries have been looking for heathens in the wrong countries."

"What's the matter with the late Rudyard Kipling resurrecting himself and giving us a new war song?"

"Carnegie's peace palace? The Kaiser has turned it into a fort."

The "Meat" of Corn

—the sweet centers of choice Indian corn; cooked, seasoned just right, rolled thin as paper and toasted until they become golden brown flakes—crisp and delicious!

That's why

Post Toasties

are better than ordinary "corn flakes."

Toasties are packed in an inner container inside the tight-sealed, familiar, yellow carton—keeps the food fresh and crisp for your appetite—

Superior Corn Flakes

—sold by Grocers.